

Spring

RECREATION GUIDE

2018



Registration starts March 6/2018

www.summerland.ca

13205 Kelly Ave. Summerland, BC • 250-494-0447 • facebook.com/SummerlandRec





*For more
information
call 250-494-0447*

Summerland's 2018 Runs and Races

Giant's Head Grind May 19, 2018
www.giantsheadgrind.com info@giantsheadgrind.com

Man of Steel Triathlon June 2, 2018
Summerland Parks & Recreation 250-494-0447 www.runningroom.com

Giant's Head Run 5km & 10km June 2, 2018
Summerland Parks & Recreation 250-494-0447 www.runningroom.com

McLennan's Grit 12-Hour Ultra Trail Run & Relay June 16, 2018
<https://ultrasignup.com/register.aspx?did=55163>

McLennan's Grit 5km Family Fun Run June 16, 2018
<https://ultrasignup.com/register.aspx?did=55163>

Ride The Giant (Freeride Longboards) June 27-29, 2018
Andrew 778-688-3741 www.giantsheadfreeride.com

GranFondo (Cycling) www.granfondoaxelmerckx.com July 8, 2018

5th Annual Fun in the Sun Triathlon July 28, 2018
www.tripowertriclub.com Melissa Berrisford bmelissa@telus.net 250-462-4338

ULTRA520K Canada www.ultra520kcanada.com August 4-6, 2018

Summerland Orca Sprint Triathlon & Kids of Steel Race September 2, 2018
www.orcaswimclub.net

Terry Fox Run September 16, 2018
terryfoxrunsummerland@gmail.com Heather or Mike 250-488-3415

Test of Humanity September 16, 2018
www.testofhumanity.com

Summerland Sweets 7.4 km Cross-Country Race and TriPower 3.2 km Run September 30, 2018
Melissa Berrisford bmelissa@telus.net

GENERAL INFORMATION

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The Fine Print...

BROCHURE INFORMATION

Although every effort is made to ensure the contents of this brochure are correct at the time of printing, periodically misprints do occur or circumstances change. The Summerland Recreation Department reserves the right to make changes as required.

WHY GOOD COURSES GET CANCELLED

Nothing ends a good course faster than everyone leaving it to the last minute to register. There is a point when the program staff check (usually one week prior to start date) the class registration. If there are not enough people registered, the class has to be cancelled. So, please register early!

CLASS SIZE

Safety, quality and cost are the prime considerations when determining class size.

HOLIDAYS

Programs will NOT be held on statutory holidays unless indicated otherwise.

PICTURE THIS!

We often take photos of special events and recreation programs. Sometimes we display them or put them in our brochure. If you have any objections to a picture of you or your child being printed, please let us know.

CANCELLATIONS

The Parks & Recreation Department reserves the right to cancel programs. This will only be done when circumstances deem it necessary. Every effort will be made to notify participants if this should happen.



RECREATION STAFF

Administration:

Recreation Manager - Lori Mullin
Accounting Assistant - Nicole Lawrence
Administration - Kim Chadwick
Program Coordinator - Laura McCarron

Arena:

Mike Fetterer, Darren Krell, Eric Laflamme, Jeff McCabe

Aquatic & Fitness Center:

Lifeguard Instructor II ~ Ed Casavant
Maintenance, Lifeguard/Instructor ~ Shawn Landriault
Staff ~ Wanda Ward, Lynn Ellis, Julian Northcote, Kelsey McKay,
Taylor Arkesteyn, Lois Dickinson, Jessica Jonas, Darlene
Hundal, Aysha Curley, Mitchell Head, Robin Deuschle,
Carly Levinsky.

If you have any questions about our programs and facilities, please do not hesitate to ask. One of our friendly staff will be more than happy to help you. Stop by our facilities or call 250-494-0447.



Adults 19+ can enter the Open Rec (Recreation) Category in Summerland's Man of Steel Triathlon on June 2nd.

Give yourself something fun to train for!

Bike: 7 am - 1 loop around Giant's Head Mountain (10.1km)

**Swim: 9 am at Aquatic Centre
400m (16 lengths of the pool)**

Run: 6 pm - Giant's Head Run (5.7km route)

**Join in
on the
Fun!**

Register @ www.runningroom.com

RESOURCE DIRECTORY

ARTS & CULTURE

Art Club	Mary Scales.....	250-494-5851
	Greta Loepky.....	250-486-3659
Community Arts Council & Gallery	Office	250-494-4494
Dance, Summerland School.....	Amanda Frankham	778-516-5583
Kettle Valley Steam Railway		250-494-8422
Museum & Archives.....		250-494-9395
Pleasure Painters.....	Ruth Manning	250-494-1186
Potters Guild	Elizabeth Wrobel	250-494-5243
Singers & Players	James Fofonoff	250-494-5420
Summerland Library		250-494-5591

SPORTS

Baseball, Minor	Terry Rolston.....	250-462-8146
Broomball, Ladies	Jenny Nemeth	250-494-1998
Curling Club.....	Jodie Brennan	250-462-1143
Dragon Boat/Outrigger.....	Don Mulhall	250-488-3100
Fencing	Manuel Belmonté.....	250-494-3105
Hockey		
Canucks	Al Vandermeij.....	250-809-4400
Culls	Dan Trotter.....	250-494-1482
Ladies	Judy Beck.....	250-494-7410
Minor.....	summerlandminorhockey@hotmail.ca	
Oldtimers.....	Gord Young	250-494-8757
Still Playing Hockey	Kevin Lodermeier	250-494-4947
Golden Jets	Larry Hollenbeck	250-494-7805
Horseshoe Club	Ron Moser	250-494-0450
Karate Club.....	Chris Taneda	1-250-768-2241
Lacrosse, Minor	Shona Becker	1-250-488-0495
Nautilus Diving	Scotty Strickland	250-490-4635
Pickleball,		
Summerland Pickleball Club	Angela Sielmann	250-276-4323
Sailing Club	Pam Hinchliffe	250-494-7552
Scuba	Steve Toth	250-809-7311
Skating Club	Lidia Kotulska	778-516-0220
Skiing	www.apexskiclub.com	250-809-5727
Nickel Plate	Office	1-250-292-8110
Slo Pitch.....	Kyle Longbotham.....	250-494-9670
Soccer		
Mini/Youth Soccer.....	Office	778-476-5888
Penticton Soccer Club (Mens/Womens).....		250-492-5505
Pinnacles Football Club.....	Matthew Wood	778-476-5888
Softball, Girls.....	Cynthia Cutt	250-404-0519
Special Olympics.....	Linda Galpin.....	250-488-2403
Squash	Tricia Hoyer	250-494-0244
Swim, Orca Club.....	www.orcaswimclub.net	
Swim, Orca Masters.....	Mike Cooke.....	thecookes@shaw.ca
Swim, Summerland Synchro.....	Lora Nield	250-494-8349
Tennis	Doug Holmes.....	250-494-0437
Triathlon, TriPower.....	Melissa Berrisford	250-462-4338
Volleyball, Senior	Frank Martens.....	250-494-4666
South Okanagan	Karen Finlayson	250-460-0776
Yacht Club.....		250-494-8312

MISCELLANEOUS COMMUNITY ORGANIZATIONS

55+ B.C. Games.....	Lynn Schulberg	250-494-1786
Al-Anon.....		250-490-9272
Alzheimers Society of BC	Laurie Myres	250-493-8182
Boys & Girls Club		250-404-0440

Canadian Cancer Society.....	May Lalonde.....	250-494-9224
Critteraid.....		250-494-5057
Cubs/Scouts/Beavers.....	Trent Slade	250-494-1990
Diabetes Clinic.....	Office	250-404-8018
Dog Control, dogs@summerland.ca	Rose Gingras	250-494-6446
Emergency Support Services	John Topham.....	250-462-0823
		or 250-494-6434
Friends of the Garden Club.....		250-494-6385
Garnett Valley Gang.....	Wendy Davis	1-250-317-9797
Girl Guides of Canada.....	Kyla Gaudioso	250-494-8331
Health Care Auxiliary.....		250-494-9102
Meals on Wheels	Charlotte Burley	250-494-1173
OK College.....		250-494-1300
Ornamental Gardens	Office.....	250-494-6385
RECOPE.....	Jean Munro.....	250-494-9006
SADI	Office.....	250-494-9722
Seniors Drop-In/Activity Centre	Office	250-494-9377
Sportsman Association.....	Dave Carleton	250-494-7854
Summerland Action Festival	Pat Bell.....	250-494-6621
Summerland Chamber of Commerce		250-494-2686
Summerland Handy DART	Office	250-492-5814
Summerland Health Centre Volunteers.....	Carole Patane	250-492-4000 x2294
Summerland Museum and Archives		250-494-9395
Trail Of the Okanagans Society	Henry Sielmann	250-276-4323
Visitor Information Centre		250-494-2686
Welcome Wagon.....	Sheila Kuhre.....	250-494-3776
Youth Centre Association		250-494-9338

RECREATION FACILITIES

Aquatic & Fitness Centre.....	Office.....	250-494-0447
Arena.....	Office.....	250-494-0447
Badminton Club.....	Shaun Johnston	250-494-1513
Centre Stage Theatre	Office	250-494-0447
Curling Rink	Winter	250-494-9322
	Summer	250-494-0447
IOOF Hall.....	Olive Hunter.....	250-494-2826
Lakeshore Racquet Club.....	Grant Thompson	250-490-1222
Peach Orchard Campground	Office	250-494-9649
Recreation Department.....	Office	250-494-0447
Summerland Golf Club.....	Office	250-494-9554
Sumac Ridge Golf Club.....	Office	250-494-3122
Youth Centre.....	Office	250-494-9338

SERVICE CLUBS & SOCIETIES

Cadets - Air	William Berger.....	250-494-7988
Kinsmen	Blair Gillingham	250-328-3486
Kiwanis	Tom Jacques	250-494-4339
K-40.....	Martin Nisbet	250-494-8373
Legion Ladies Auxiliary	Dorothy Dean	250-494-9856
Okan/Similk Parks Society.....	Ian Graham.....	250-494-7617
Quest Club	Elfa (Pat) Putton.....	250-494-1076
Rebekkah Lodge.....	Frances Beulah	250-494-1411
Rotary Club.....	secretary@summerlandrotary.org	250-494-4928
Royal Canadian Legion.....	Elke Bewick.....	250-494-2301

REGISTRATION STARTS MAR. 6/18

TWO WAYS TO REGISTER:

New!

Register ONLINE
at www.summerland.ca
or in person at the Recreation Office.

Visa, Mastercard, Interac, Cash or Cheque. No post dated cheques.

RECREATION DEPT. • 13205 Kelly Avenue, Summerland

HOURS: Monday - Friday 8:00am - 4:00pm

**MAIL IN / DROP OFF REGISTRATION FORM**

Parent (Guardian) Full Name: _____

Email Address:

Day Phone: _____ Eve. Phone: _____

Mailing Address: _____ Emergency _____

City: _____ Contact: _____

Prov. _____ Postal Code _____ Phone: _____

PARTICIPANT AND PROGRAM INFORMATION

PARTICIPANTS FIRST & LAST NAME	BIRTHDATE MANDATORY	AGE (IF UNDER 19)	PROGRAM TITLE EXAMPLE: SP1	SWIM LEVEL EXAMPLE: SEA OTTER	DAY/TIME	CODE#	FEE
SECOND CHOICE OF PROGRAMS SHOULD FIRST CHOICE BE FULL							
					TOTAL FEES		

PLEASE MAKE CHEQUE PAYABLE TO THE DISTRICT OF SUMMERLAND

WAIVER

I/We, the undersigned, hereby acknowledge that certain risks of injury are inherent to participation in recreational activities and agree that the District of Summerland, its employees, program instructors or officers shall not be liable for any injury or damage from participating in these activities. I/We declare having read and understood the above and consent to participate in the program acknowledging all the foregoing.

Signature of participant or parent/guardian

if participant under 19 years of age: _____ Date: _____

What class or program would you like to see us offer?

SPRING BREAK SCHEDULE

March 19 - March 29, 2018

SPRING BREAK HEALTH CLUB SCHEDULE

FITNESS ROOM

Monday - Friday

6:00 am - 9:15 pm

Saturday

9:00 am - 8:00 pm

Sunday

9:00 am - 8:00 pm

Last entry into the fitness room is 8:45 pm Mon. to Fri.



**Facility
closed
Mar. 30/18 to
Apr. 2/18**

Pool

Monday & Wednesday

6:30 am - 11:00 am

Noon - 1:15 pm

1:30 pm - 3:30 pm

6:30 pm - 9:15 pm

Tuesday & Thursday

6:30 am - 1:15 pm

2:00 pm - 3:30 pm

6:30 pm - 3:15 pm

Friday

6:30 am - 11:00 am

Noon - 1:15 pm

3:00 pm - 5:00 pm

6:30 pm - 8:00 pm

Saturday

1:30 pm - 4:00 pm

6:30 pm - 8:00 pm

Sunday

1:30 pm - 4:00 pm

6:30 pm - 8:00 pm



Membership	Teens/Seniors (13+)/(65+)	Adults (19 - 64 yrs.)	Family (13+)
Drop-in (13+).....	\$5.00.....	\$6.75.....	
1 Month.....	\$50.00.....	\$64.00.....	\$177.50
3 Months.....	\$127.00.....	\$151.75.....	\$430.75
6 Months.....	\$195.00.....	\$245.00.....	
1 Year.....	\$355.50.....	\$453.00.....	
10 passes.....	\$37.00.....	\$53.25.....	

*Family rate applies to 2 adults & their own children 13 to 18 yrs.

*All prices include tax - Membership rates include fitness room & pool

SPRING BREAK SWIM SCHEDULE

ALL PRESCHOOLERS (5 YEARS OF AGE AND UNDER) REGARDLESS OF SWIMMING ABILITY AND CHILDREN (6 - 10 YEARS OF AGE) WHO CANNOT SWIM A WIDTH OF THE POOL MUST BE ACCOMPANIED BY AN ADULT (16 YEARS OF AGE OR OLDER).

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:30am - 9:00am	EARLY BIRD LANE SWIM AQUASIZE 8:05am						
9:00am - 10:00am	RED CROSS SWIM LESSONS						
10:00am - 11:00am							
11:00am - 12:00pm	RECOPE	LOONIE SWIM	RECOPE	LOONIE SWIM	RECOPE		
12:00pm - 1:15pm	LANE SWIM AQUASIZE 12:05pm	LANE SWIM	LANE SWIM AQUASIZE 12:05pm	LANE SWIM	LANE SWIM AQUASIZE 12:05pm		
1:15pm - 2:00pm	1:15pm - 1:30pm	1:15pm - 2:00pm	1:15pm - 1:30pm	1:15pm - 2:00pm	1:15pm - 3:00pm	LANE SWIM 1:30pm - 2:30pm	LANE SWIM 1:30pm - 2:30pm
2:30pm - 3:30pm	LOONIE SWIM 1:30pm - 3:00pm	LANE SWIM 2:05pm - 3:30pm	LOONIE SWIM 1:30pm - 3:00pm	LANE SWIM 2:05pm - 3:30pm	LOONIE SWIM 3:00pm - 5:00pm		
3:30pm - 6:30pm	ORCA SWIM CLUB 3:30pm - 6:30pm				ORCA SWIM CLUB 5:00pm - 6:30pm	RENTAL TIME	RENTAL TIME
6:30pm - 8:00pm	PLEASURE SWIM 6:30pm - 8:00pm 7 days a week						
8:00pm - 9:15pm	LANE SWIM 8:00pm - 9:15pm AQUASIZE 8:05pm				TEEN SWIM 8:00pm - 9:15pm	RENTAL TIME	RENTAL TIME

POOL ADMISSIONS

Preschool (3 - 5).....	\$1.00	Seniors (65+)	\$3.75
Child (6 - 12)	\$2.50	Adult (19 - 64)	\$4.50
Teens (13+)	\$3.25	Family*	\$9.50

Health Club Swim lane not available during shaded blocks

* Family consists of two adults and their own children under 19 years

* All prices include tax

SPRING BREAK ACTIVITIES

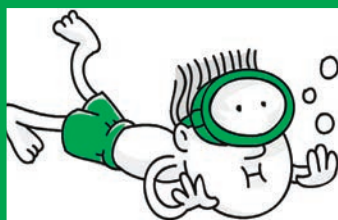
SPRING BREAK SWIM LESSON SCHEDULE

Mon. - Fri. Lessons, Mar. 19-29/18

9:00am - 9:30am	SP 1/ SK 1	Code 1715
9:00am - 9:30am	SP 2 / SK 2	Code 1716
9:30am - 10:00am	SP 3 / SK 3/4	Code 1717
9:30am - 10:00am	SK 5/6	Code 1718
10:00am - 10:30am	SP 1/ SK 1	Code 1719
10:00am - 10:45am	SK 7/8/9/10	Code 1720
10:30am - 11:00am	SP 2 / SK 2	Code 1721

9 Swim Lesson Fees

SWIM PRESCHOOL (SP 1-3) ½ Hour Class.....	\$34.20
SWIM KIDS (SK 1-6) ½ Hour Class.....	\$34.20
SWIM KIDS (SK 7-10) ¾ Hour Class.....	\$43.65



Jump into the
FUN!

Spring Break at the pool
Mar. 19 - 29/18



\$1.00
Admission
(all ages)

Loonie Swim!

Tues./Thurs.
11:00am-12:00pm

Mon./Wed.
1:30pm-3:30pm

Fri. 3:00pm-5:00pm

Pleasure Swim

Every Day

6:30pm - 8:00pm

Teen Swim

Friday

8:00pm - 9:15pm

Regular Admission Rates Apply



Home Alone Program



(ages 10 yrs. & up)

The home alone program is designed to provide children 10 yrs of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. The program covers topics such as establishing a routine, house key responsibility, stranger and telephone safety, basic emergency and first aid skills and internet safety.

Date: Apr. 14/18 Sat. **Code 1607**
Times: 1:00pm - 4:00pm
Fee: \$30.00
Instructor: Shawn Landriault
Place: Aquatic Centre Meeting Room

Canadian Red Cross



Baby-Sitting Course

(ages 10 yrs. & up)

This Red Cross course covers the basic principles necessary for baby-sitters to provide responsible care for children. Instruction will center around safety, first aid, emergency situations, games and development child care. A certificate will be issued upon successful completion.

Date: June 29/18 Sat. **Code 1688**
Times: 10:00am - 6:00pm
Fee: \$60.00
Instructor: Shawn Landriault
Place: Aquatic Centre Meeting Room
Please bring a packed lunch



Fun at the Arena!



DUE TO MINOR HOCKEY PROVINCIALS, THERE WILL BE NO PUBLIC SKATE, PARENT & TOT SKATE OR NOON HOUR HOCKEY MARCH 19 TO 23/18.

PUBLIC SKATING

March 18 - 6:00pm - 7:00pm

March 25 - 6:00pm - 7:00pm

March 26 - 10:00am - 11:30 am

March 27 - 10:00am - 11:30 am

March 28 - 10:00am - 11:30 am & 7:00pm - 8:00 pm

March 29 - 10:00am - 11:30am

PARENT & TOT

Mar. 26 & 28 12:00pm - 1:00pm

NOON HOUR HOCKEY Mar. 27 & 29 12:00pm - 1:00pm

Child	\$2.50	Family	\$9.50
Teen (13+)	\$3.25	Noon Hour Hockey	\$6.00
Senior (65+)	\$3.75	Skate Rental	\$2.00
Adult (19+)	\$4.50		

*A family consists of 2 adults and children 12 years and under.
- \$1.00 for each additional person 13-18 years. All prices include tax.



www.pinnaclesfc.com

(778) 476-5888

Soccer Programs for:



All ages!



All skill levels!



All year round!

Club Mini Program – Ages 5 to 8 (Spring)

Club Youth League – Ages 9 to 18 (Spring)

Excelsior Academy – Ages 7 to 18

Summer Soccer Camps – Ages 6 to 12

Fall and Winter Indoor – Ages 4-12



Tim Hortons



Address: Kings Park/Adidas Sportsplex
550 Eckhardt Avenue West, Penticton, BC V2A 8L9
Email: clubleague@pinnaclesfc.com
Fax: (778) 476-5889
Office Hours: Tues & Wed 1:00 p.m. - 6:00 p.m.



**Join in
Summerland's
12th annual
Earth Day
Celebration!**

Sunday April 22, 10am -12pm

at Adams Bird Sanctuary – Peach Orchard Rd.

For more information call 250-494-0447

*Sponsored in part by District of Summerland,
Summerland Environmental Science Group and
Okanagan & Similkameen Invasive Species Society.*

**Save the date for the largest, most celebrated
environmental event worldwide!**



An Initiative of BCRPA
www.bcrpa.bc.ca/mfhd

**Passports will be
available on May 4
at the Summerland
Aquatic Centre**



**PASSPORT
CHALLENGE**

**Thurs. May 10
to Wed. May 16/18**



**JOIN US FOR THE SPECIAL HEALTH DAY
KICK OFF CELEBRATION ON THURS., MAY 10
AT THE SUMMERLAND AQUATIC CENTRE.**

Move for Health Day events bring people together in a spirit of fun and inclusiveness, as well as supporting healthy active living. Parks Association (BCRPA), with support from Healthy Families B.C., leads the province in promoting the global event and the benefits of healthy. Move for Health Day is an international event started by the World Health Organization to promote physical activity.

CHILDREN'S PROGRAMS

PUDDLE JUMPERS

Play is important work for 3 to 5 year olds! It is an opportunity to discover and explore a wide variety of new experiences. This program will develop your child's imagination, foster individuality and promote a sense of achievement. Youngsters will participate in games, songs, stories, arts and crafts within a positive social play environment! **IMPORTANT:** Parents must assist with a minimum of 2 classes; please arrange your days with the instructor at the first class.

Puddle Jumpers

Dates: Apr. 5 - June 7/18 Tues./Thurs. **Code 1688**
Times: 9:00am - 11:00am
Fee: \$95.00 (19 sessions)
Instructor: Kathy Usher
Place: Arena Banquet Room

RED CROSS SWIM PROGRAM

(3 yrs. & older)

Dates: Spring I - Apr. 8 - May 10/18
 Spring II - May 14 - June 18/18
 Classes scheduled Mon./Wed.
 or Tues./Thurs.
Times: 9:00am - 10:00am or 3:00pm - 4:30pm
 Saturday & Sunday lessons available
 9:00am - 11:45am
Place: Aquatic & Fitness Centre

PARENT & TOT SWIM

This program is to introduce and orientate your child to the pool and to swimming skills. Our intention is to make this time a safe, fun filled, positive experience for your child. We will teach you how to teach your child basic swim skills: kicking, floating, gliding, blowing bubbles and submersion. This class is best suited for ages 6 months through to 3 years.

Spring I

Dates: Apr. 9 - May 9/18 Mon./Wed **Code 1689**
Time: 9:30am - 10:00am
Fee: \$38.00 (10 sessions)

Spring I

Dates: Apr. 7 - June 16/18 **Code 1690**
 (No class May 19/18)
Time: 10:45am - 11:15am
Fee: \$38.00 (10 sessions)

Spring II

Dates: May 14 - June 18/18 Mon./Wed. **Code 1691**
 (No class May 21/18)
Time: 9:30am - 10:00am
Fee: \$38.00 (10 sessions)
Instructor: Aquatic Staff
Place: Aquatic & Fitness Centre

Come run, tumble, climb and socialize!

Enjoy playing, friends and song-time while parents, caregivers & grandparents connect. Coffee provided!

Drop In: Monday (9:30 am - 12 pm) & Tuesday (9:30 - 11 am)
 Drop in days follow the school calendar.

Suggested Donation: \$3 per family **Ages:** 5 and under
At: Summerland Baptist Church For info call 250-494-3881

SBC
 SUMMERLAND BAPTIST CHURCH

Summerland Christian Playschool

Spaces are limited!
 Register today!
 Call SBC at 250-494-3881.
 For more info go to summerlandbaptist.ca

- Small affordable classes
- Semi-structured learning environment
- Social and academic kindergarten preparation
- Experience and learn about God's unconditional love.

SBC
 SUMMERLAND BAPTIST CHURCH

10318 Elliot Street, Summerland, BC
 info@summerlandbaptist.ca

Check Early, Check Often

KIDS NEED REGULAR CHECK UPS TOO!

Your child's first 6 years of development are critical.

Ages and Stages Questionnaire (ASQ) provides you with a quick check on your child's development.

For more info:
 250-496-5511
 communitiesforkids@telus.net
 communitiesforkids.ca

CFK
 Communities for Kids

Success By 6
 Helping all children succeed / for life.

credit unions of BC United Way

YOUTH SPORTS

SUMMERLAND **MINOR BASEBALL**

Looking for a Spring Sport
Girls & Boys Welcome,
Blast Ball - Midget

Season Runs April – June
For Further information contact
Terry Rolston – 250-462-8146
Email - summerlandminorbaseball@gmail.com



The 2018 box lacrosse season is here!



To register go to www.pentictonlacrosse.ca

Division	Age	Fee (Early/Regular/Late)
Mini-tyke	5-6	\$125 / \$150 / \$175
Tyke	7-8	\$175 / \$200 / \$225
Novice	9-10	\$275 / \$300 / \$325
PeeWee	11-12	\$300 / \$325 / \$350
Bantam	13-14	\$325 / \$350 / \$375
Midget	15-16	\$325 / \$350 / \$375

Game shorts are included in the price of registration.

Early Registration: January 15 – February 16, 2018

Regular Registration: February 17 – March 9th, 2018

Late Registration: after March 9th

Any questions, contact Shona Becker at 250-488-0495 or reg.pmla@gmail.com

SUMMERLAND SCORCH
GIRLS AND BOYS
AGES 6-19



SUMMERLAND MINOR
FASTBALL

U6-10 born 2008-2012.....\$60.00
U12 born 2006-2007.....\$125.00
U14 born 2004-2005.....\$150.00
U16 born 2002-2003.....\$175.00
U19 born 1999/00/2001.....\$175.00

More information at summerlandsoftball.ca
NEW PLAYERS WELCOME



LAKESHORE
RACQUETS CLUB

13607 Lakeshore Drive.
(next to Rotary Beach)

www.lakeshoreracquetsclub.com

YOUTH TENNIS

April 30 - June 14

Ages 8 - 10: Mondays - 4-5 PM

Ages 11 - 16: Tuesday & Thursday 4-5 PM

Contact: Doug Holmes - 250-494-0437

Annual Membership (before May 1)
Family \$375 • Single \$250 • Youth \$40

Members are entitled to unlimited use of tennis and squash courts and other Club facilities, and can participate in organized tennis and squash leagues and events.

For membership enquiries call
Laird Willson 250-494-1888

Public drop-in tickets for tennis and squash available upstairs at LF+H for \$10 per person per session.

FITNESS PROGRAMS

50+ AQUASIZE - DEEP WATER EXERCISE

The focus of this class is range of motion, stability and strength to improve quality of life. Equipment is provided.

Dates: Apr. 3 - June 28/18 Tues./Thurs. **Code 1694**
Time: 8:05am - 9:00am
Fee: \$91.00 (26 sessions)
Instructor: Aquatic Staff
Place: Aquatic & Fitness Centre

SENIOR AQUATIC EXERCISE

A program professionally designed especially for seniors using safe and gentle methods to increase range of motion. Combine shallow & deep water exercises.

Dates: Apr. 3 - June 28/18 Tues./Thurs. **Code 1695**
Time: 2:05pm - 3:00pm
Fee: \$91.00 (26 sessions)
Instructor: Aquatic Staff
Place: Aquatic & Fitness Centre

EVENING AQUASIZE

This one hour program combines deep & shallow water exercises. Every class will include cardiovascular, strength and stretching to improve overall fitness and toning. Floatation belts are used in the deep water portion to provide buoyancy and stability.

Dates: Apr. 3 - June 28/18 Tues./Thurs. **Code 1696**
Time: 8:05pm - 9:05pm
Fee: \$91.00 (26 sessions)
Instructor: Aquatic Staff
Place: Aquatic & Fitness Centre

SENIOR AQUATIC EXERCISE

This one hour program combines deep & shallow water exercises. Every class will include cardiovascular, strength and stretching to improve overall fitness and toning. Floatation belts are used in the deep water portion to provide buoyancy and stability.

Dates: Apr. 4 - June 29/18 Mon./Wed./Fri. **Code 1697**
Time: 12:05pm - 1:00pm
Fee: \$129.50 (37 sessions)
Instructor: Aquatic Staff
Place: Aquatic & Fitness Centre

All Aquasize Classes are included with an Active Health Club Membership.

Three Ways to Attend Aquasize Classes:
1. Have an active Health Club Membership
2. Register for a class
3. Aquasize Passes (10) - \$40.00



AQUA ZUMBA

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. AquaZumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! Benefits: There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Dates: Apr. 8 - June 17/18 Sun. **Code 1693**
(No class May 6, May 20/18)
Time: 5:30pm - 6:30pm
Fee: \$72.00 (9 sessions)
Instructor: Carole Patane
Place: Aquatic & Fitness Centre



FITNESS PROGRAMS

REFIT

This one hour low impact class combines toning, flexibility, strength training, balance and dance all to feel good music. This workout formula is easy to follow and will both challenge fitness enthusiast and welcome beginners.

Dates: Apr. 9 - June 27/18 Mon./ Wed. **Code 1707**
(No Classes Apr. 2/18 & May 21/18)

Time: 9:00am - 10:00am

Fee: \$154.00 (22 sessions)

Instructor: Bree Young

Place: Aquatic Centre Meeting Room

STRENGTH & STABILITY

This new class will be using stability, balance and strength to improve overall health and fitness.

Dates: Apr. 3 - June 14/18 Tues./Thurs. **Code 1767**

Time: 9:15am - 10:15am

Fee: \$154.00 (22 sessions)

Instructor: Sydney Clement

Place: Fitness Centre

NIFTY FIFTY FITNESS

A fitness program to increase strength and improve cardio endurance. This class is fun, the energy is high and will challenge you to your fullest. Please bring a set of light handheld weights (2-3lbs) and exercise tubing with handles.

Dates: Apr. 4 - June 22/18 Mon./Wed./Fri. **Code 1708**
(No class May 21/18)

Times: 8:00am - 9:00am

Fee: \$170.00 (34 sessions)

Instructor: Claire Waterman

Place: Summerland Drop In Recreation Centre

ZUMBA (BASIC & SENTAO WITH BURST)

Zumba combines Latin and International music with a fun and effective workout system which features fast and slow rhythms. It involves dance and aerobic elements which when combined, helps tone, sculpt the body and burn fat. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, cumbia and mambo. Squats and lunges are also included. No previous Zumba experience required. Please bring water and comfortable shoes.

Dates: Apr. 9 - June 18/18 Mon. **Code 1698**
(No class May 21/18)

Time: 5:30pm - 6:30pm

Fee: \$80.00 (10 sessions)

Instructor: Carol Patané

Place: Arena Banquet Room

HIIT FITNESS

HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started.

Dates: Apr. 3 - June 14/18 Tues./Thurs. **Code 1768**

Time: 8:00am - 9:00am

Fee: \$154.00 (22 sessions)

Instructor: Sydney Clement

Place: Fitness Centre

USE IT OR LOSE IT

Worried about falling or had a recent fall? Balance can be trained and statistics show that balance training can decrease the chance of a future fall by 20 - 50%. Join us for an activity based program focused on improving your balance. Pre and post assessments will be performed to monitor your progress.

Dates: Apr. 3 - June 28/18 Tues./Thurs. **Code 1709**

Time: 10:00am - 11:00am

Fee: \$156.00 (26 sessions)

Instructors: Anna Lock

Place: Aquatic Centre Meeting Room

Dates: Apr. 4 - June 29/18 Mon./Wed./Fri. **Code 1710**
(No class May 21/18)

Time: 8:00am - 9:00am

Fee: \$222.00 (37 sessions)

Instructor: Anna Lock

Place: Aquatic Centre Meeting Room

**SORE
TODAY
STRONG
TOMORROW**

WELLNESS PROGRAMS

TRADITIONAL YOGA

For those seeking a deeper more comprehensive Yoga (Union) experience. This program will offer varied Asanas, Pranayamas, Mudras, Mantras, and Meditations designed to develop better awareness of, and ability to work with, your own energies in relation to mind, body connection and beyond. Minimum 1 year of yoga experience is necessary. Please bring a mat and thick blanket (for warmth and supported poses) to each class.

Dates: Apr. 6 - June 15/18 Fri.

Code 1701

Time: 9:15am - 10:45am

Fee: \$56.00 (7 sessions)

Instructor: Cheryl Plewis

Place: Arena Banquet Room

BEGINNER & MIXED LEVELS YOGA WITH MANDY

Join Mandy for a Beginners Yoga class that will engage and harmonize your mind body and breath. Trained in the traditional Sivananda style she will guide you through a series of poses linked with breath work, while offering modifications and progressions. Suitable for all ages and abilities. Please bring your own mat and a blanket. Bring a yoga strap, and/or yoga bolster if you like

Dates: Apr. 11 - June 13/18 Wed.

Code 1706

Time: 5:30pm - 6:30pm

Fee: \$75.00 (10 sessions)

Instructor: Mandy MacDonald

Place: Trout Creek School Gym. Please enter through the parking lot door, remove shoes and arrive no more than 10 minutes early.

GENTLE YOGA

Explore breath awareness with movements to enhance wellness, healing and comfort. Develop your fitness level while building balance, strength and mobility with modifications for back, hip, knee or shoulder concerns etc. Option to use a chair for support throughout each class brings comfort, stability and depth to basic yoga movements. There is no need to be on the floor if you are unable to do so. Please bring a mat and thick blanket to each class

Dates: Apr. 6 - May 25/18 Fri.

Code 1702

Time: 11:00am - 12:00pm

Fee: \$52.50 (7 sessions)

Instructor: Cheryl Plewis

Place: Arena Banquet Room

YOU CANNOT ALWAYS CONTROL
WHAT GOES ON OUTSIDE.
BUT YOU CAN ALWAYS CONTROL
WHAT GOES ON INSIDE.

YOGA - BEGINNER & ADVANCED

Introduction to Basic Beginner Yoga:

Code 1703

This is a popular class for those students who want to learn about yoga, be stronger and move more confidently. The series of classes has a gentle slow progression which will focus on improving balance, flexibility, endurance and strength. We will introduce aspects of focus and concentration as well, ending with a gentle relaxation. A good class for those returning from injury. Independent mobility is required. Students should bring a mat, a warm blanket, and a reusable water bottle.

Level 1: Adult Beginner Class (18 years or older):

Code 1704

This class moves through the basic yoga poses taken from a variety of yoga styles: Oki, Sivananda, Iyengar, Bajan. We extend our abilities to improve balance, strength, flexibility, and coordination. We learn basic techniques for breathing and breath control. We introduce aspects of very basic meditation and we end with a guided relaxation. Students are asked to bring a mat, a blanket and a re-usable water bottle.

Level 2: Adult Advanced Class (18 years or older):

Code 1705

Previous yoga experience and a regular home practice is necessary to register in this class. This is a faster paced series of lessons where we build on previous asana and yogic knowledge. There will be more emphasis on overall flexibility, and longer holds for strength. We will work with inversions (such as sarvangasana), and practice a variety of Pranayama techniques, Mudra Practices, and Meditations. Students are asked to bring a mat, a blanket and a re-usable water bottle to class.

Dates: Apr. 9 - June 18/18 Mon.

(No class Apr. 17 & May 22/17)

Time: 4:30pm - 5:30pm **Intro. to Basic**

Code 1703

5:45pm - 7:00pm **Level 1: Beginner**

Code 1704

7:15pm - 8:45pm **Level 2: Advanced**

Code 1705

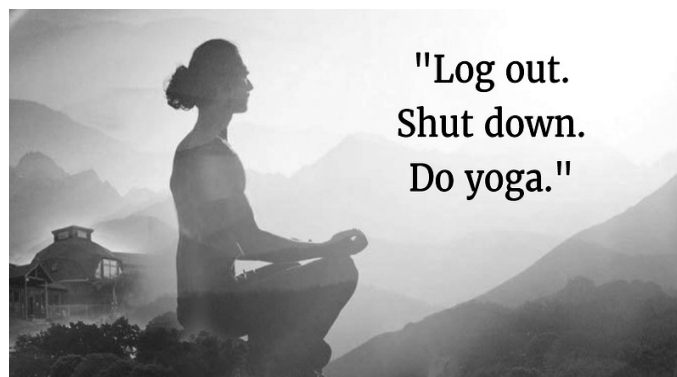
Fee: \$75.00 (10 sessions) Intro. to Basic

\$80.00 (10 sessions) Level 1: Beginner

\$85.00 (10 sessions) Level 2: Advanced

Instructor: Marsha Saldat

Place: Trout Creek School Gym. Please enter through the parking lot door, remove shoes and arrive no more than 10 minutes early.



WELLNESS PROGRAMS

DRU YOGA FOR TEENS

Dru Yoga is rooted in ancient tradition with its yogic postures, breath work and relaxation techniques. Unique to Dru are its energy block release sequences (ebr's) based on subtle yet potent flowing movements, harmonized with directed breathing and affirmations. The practice of Dru yoga helps to increase energy and vitality, boost strength and stamina as well as increase flexibility in the spine, muscles and joints. It improves posture, balance and coordination as well as focus, concentration and memory.

Dates: Apr. 4 - June 6/18 Wed.
(No class Apr. 11 & May 9/18)
Time: 3:30pm - 4:45pm
Fee: \$56.00 (8 sessions)
Instructor: Cindy Tomochko
Place: Arena Banquet Room

Code 1711

YOGA - FLEXIBLE & STRONG

Yoga-based exercise and relaxation, this class will focus on gentle stretching, mindful strengthening, with some deep relaxation. This class is a recipe for wellness!

Dates: Apr. 17 - June 7/18 Tues./Thurs.
(No class Apr. 26/18)
Time: 4:30pm - 5:30pm
Fee: \$105.00 (15 sessions)
Instructor: Victoria Lane
Place: Arena Banquet Room

Code 1769

PILATES PLUS

A mat and movement Pilates based program to limber and stretch muscles and ligaments, building flexibility and strength. Small equipment including weights, stability balls and bosu balls will balance the program giving a sense of awareness and control over the body.

Dates: Apr. 3 - June 28/18 Tues./Thurs.
Time: 6:50am - 7:50am
Fee: \$200.00 (20 sessions)
Instructor: Noni Clarke
Place: Aquatic Centre Meeting Room

Code 1700

ONGOING TAI JI

A class for students that have taken the beginners class with Debra & want to keep practicing the form. The goal is to bring the practice to daily life & enhance the body/mind connection.

Dates: May 8 - June 26/18 Tues./Thurs.
Time: 6:00pm - 7:30pm
Fee: \$48.00 (8 sessions)
Instructor: Debra Rice
Place: Arena Banquet Room
(Last class will be held outside)

Code 1699



Recope provides a medically supervised environment and carefully selected exercises to get people back into an active lifestyle to improve their health.

Recope's Water Therapy and Land Exercise Classes are appropriate for people with mobility difficulties, persistent pain, joint degeneration, generalized weakness and other conditions that make exercising independently a challenge. Cost is \$5.00 per session.

**A MEDICAL REFERRAL IS REQUIRED
- PLEASE ASK YOUR DOCTOR -**

Monday, Wednesday & Friday
Land Exercise Program: 9:30am – 10:15am
Water Therapy Program: 11:00am – 12 noon

Please contact Jean for info at 250-494-9006
www.Recope.ca Volunteers always needed



World TAI CHI & QIGONG DAY

Date: Saturday, April 28

Time: 10:00 am

Location: Memorial Park

Admission: Free

**Come out and celebrate
World Tai Chi & Qigong Day**

Health Club Schedule

April 3 - June 30, 2018

CLOSED
May 21/18

HEALTH CLUB

Teens/Seniors (13+/65+)		Adults (19-64)		*Family (13+)
Drop-in	\$5.00	Drop-in	\$6.75	1 month \$177.50
1 month	\$50.00	1 month	\$64.00	3 Months \$430.75
3 Months	\$127.00	3 Months	\$151.75	* Family Rate:
6 Months	\$195.00	6 Months	\$245.00	2 adults and their own
1 Year	\$355.50	1 Year	\$453.00	children 13-18 years.
10 passes	\$37.00	10 Passes	\$53.25	All prices include tax.

Health Club membership rates include fitness room & pool.

FITNESS ROOM

HOURS:

Monday - Friday 6:00am - 9:15pm
Saturday & Sunday 9:00am - 8:00pm

*Last entry into the pool
or fitness room is 30 min.
before closure.*

POOL 1 lane of 25m pool,
hot tub, sauna

SATURDAY AND SUNDAY
1:30pm - 4:00pm / 6:30pm - 8:00pm

MONDAY AND WEDNESDAY
6:30am - 11:00am / Noon - 1:15pm
6:30pm - 9:15pm

TUESDAY AND THURSDAY
6:30am - 1:15pm / 2:00pm - 3:00pm
6:30pm - 9:15pm

FRIDAY
6:30am - 11:00am / Noon - 1:15pm
3:00pm - 5:00pm / 6:30pm - 8:00pm

** Due to fitness programs
floor space may be limited.
Please check notice board
in fitness room.*



AQUATIC SCHEDULE

APRIL 3 - JUNE 30, 2018

Closed
May 21/18

✂ (Clip and Save this Page)

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:30 - 9:00 am	EARLY BIRD LANE SWIM • 5 DAYS A WEEK					Swim Club & Red Cross Lessons	Red Cross Lessons
		Aquasize 8:05 - 9:00 am		Aquasize 8:05 - 9:00 am			
9:00 - 10:00 am	Preschool Swim and Lessons	School Lessons	Preschool Swim and Lessons	School Lessons	School Lessons		
10:00 - 11:00 am	School Lessons	School Lessons	School Lessons	School Lessons	School Lessons	Red Cross and Upper Level Lessons	RENTAL TIME
11:00 - 12 Noon	Recupe	School Lessons	Recupe	School Lessons	Recupe		
12 Noon - 1:15 pm	Lane Swim Aquasize 12:05 pm	Lane Swim	Lane Swim Aquasize 12:05 pm	Lane Swim	Lane Swim Aquasize 12:05 pm	Lane Swim 1:30 - 2:30 pm Pleasure Swim 2:30 - 4:00 pm	Lane Swim 1:30 - 2:30 pm Pleasure Swim 2:30 - 4:00 pm
1:15 - 3:00 pm	School Lessons	1:15 - 2:00 pm Lane Swim & Aquatic Exercise 2:05 pm	School Lessons	1:15 - 2:00 pm Lane Swim & Aquatic Exercise 2:05 pm	School Lessons		
3:00 - 6:30 pm		Red Cross Lessons and Swim Club					
6:30 - 8:00 pm	PLEASURE SWIM • Everybody Welcome! • 7 Days a Week						
8:00 - 9:15 pm	Masters Swim & Lane Swim	Lane Swim 8:05 - 9:05 pm Aquasize	Masters Swim & Lane Swim	Lane Swim 8:05 - 9:05 pm Aquasize	Teen Swim	RENTAL TIME	RENTAL TIME

~ ADMISSION RATES ~

■ A Health Club Swim Lane is not available
Loonie Swim - All admissions - \$1.00

	SINGLE	10 PASSES	1-MONTH PASS	3-MONTH PASS	6-MONTH PASS	1-YEAR PASS
Preschool 3 – 5	\$ 1.00	\$ N/A	\$ N/A	\$ N/A	\$ N/A	\$ N/A
Child 6 – 12	\$ 2.50	\$ 21.00	\$ 22.00	\$ 51.00	\$ 93.25	\$173.50
Teen 13 – 18	\$ 3.25	\$ 30.00	\$ 29.50	\$ 85.75	\$149.50	\$277.75
Adult 19+	\$ 4.50	\$ 37.00	\$ 39.00	\$100.00	\$171.50	\$318.50
Senior 65+	\$ 3.75	\$ 30.00	\$ 29.50	\$ 85.75	\$149.50	\$277.75
Family*	\$ 9.50	\$ N/A	\$ 78.50	\$214.00	\$371.00	\$694.50

* A family consists of 2 adults and their own children under 19 years. * All prices include tax *

ALL CHILDREN UNDER AGE 7 REGARDLESS OF SWIMMING ABILITY AND CHILDREN (7 - 10 YEARS OF AGE) WHO CANNOT SWIM A WIDTH OF THE POOL MUST BE ACCOMPANIED BY AN ADULT (16 YEARS OF AGE OR OLDER).

AQUATIC PROGRAMS

SWIM LESSON SCHEDULE - SPRING I

MONDAYS & WEDNESDAYS - 5 WEEK SET - Apr. 9 - May 9/18 (10 lessons)

9:00 - 9:30 am	SP 2	Code 1722	SP 1	Code 1723
9:30 - 10:00 am	Parent & Tot	Code 1689	SP 3	Code 1725
3:00 - 3:30 pm	SP 3 / SK 3/4	Code 1724	SP 2 / SK 2	Code 1726
3:30 - 4:00 pm	SP 1 / SK 1	Code 1727	SK 5/6	Code 1728
4:00 - 4:30 pm	SP 3 / SK 3/4	Code 1729	SP 1 / SK 1	Code 1730

TUESDAYS & THURSDAYS - 5 WEEK SET - Apr. 8 - May 10/18 (10 lessons)

3:00 - 3:30 pm	SK 5/6	Code 1731	SK 7/8/9/10 3:15 - 4:00pm	Code 1733
3:30 - 4:00 pm	SP 1 / SK 1	Code 1732		
4:00 - 4:30 pm	SP 3 / SK 3/4	Code 1734	SP 2 / SK 2	Code 1735

SATURDAYS ONLY - Apr. 14 - June 30/18 (10 lessons) *No classes May 19/18 & June 2/18*

9:00 - 9:30 am	SK 5/6	Code 1736	
9:30 - 10:00 am	SP 2 / SK 2	Code 1737	
10:00 - 10:30 am	SP 3 / SK 3/4	Code 1738	
10:30 - 11:00 am	SP 1 / SK 1	Code 1739	

SUNDAY ONLY - Apr. 15 - June 24/18 (10 lessons) *No classes May 20/18*

9:00 - 9:30 am	SK 5/6	Code 1740	SP 2 / SK 2	Code 1741
9:30 - 10:00 am	SP 3 / SK 3/4	Code 1742	SK 7/8/9/10 9:30 - 10:15 am	Code 1743
10:00 - 10:30 am	SP 1 / SK 1	Code 1744	SP 3 / SK 3/4 10:15 - 10:45 am	Code 1745
10:30 - 11:00 am	SP 2 / SK 2	Code 1746	Parent & Tot 10:45 - 11:15 am	Code 1747

* Schedule may vary slightly due to program registration. Classes will be added or cancelled pending registration.

REGISTRATION FOR SWIM LESSONS BEGINS MARCH 6, 2018

FEES

		9 Lessons	10 Lessons
Parent/Tot (starfish, duck, sea turtle)	1/2 Hour Class	\$34.20	\$38.00
Swim Preschool (SP 1-3) (sea otter, salamander, sunfish, crocodile, whale)	1/2 Hour Class	\$34.20	\$38.00
Swim Kids level (SK 1-6)	1/2 Hour Class	\$34.20	\$38.00
Swim Kids level (SK 7-10)	3/4 Hour Class	\$43.65	\$48.50

AQUATIC PROGRAMS

SWIM LESSON SCHEDULE - SPRING II

MONDAYS & WEDNESDAYS - 5 WEEK SET - May 14/18 - June 18/18 (10 lessons) *No classes May 21/18*

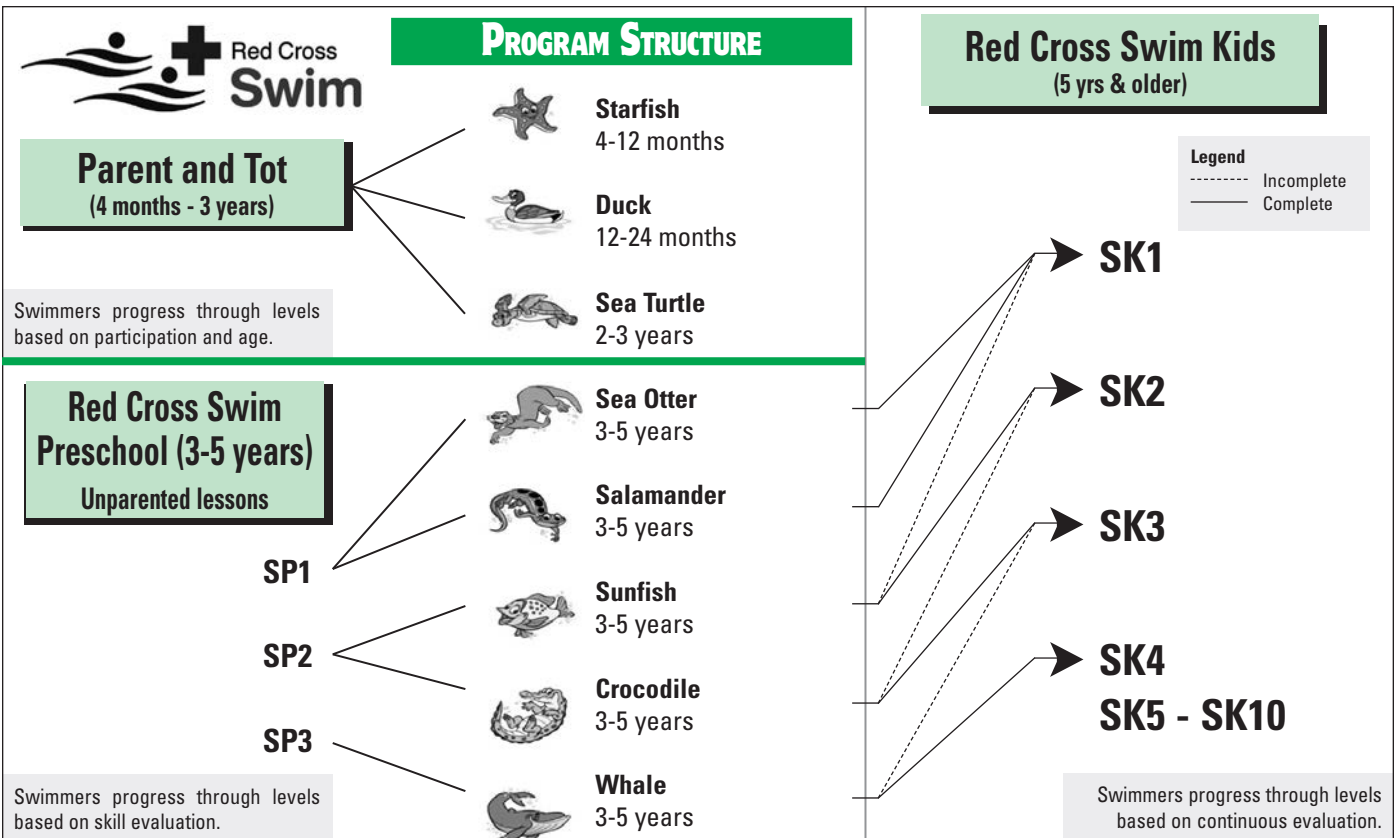
9:00 - 9:30 am	SP 1	Code 1748	SP 2	Code 1749
9:30 - 10:00 am	Parent & Tot	Code 1750	SP 3	Code 1751
3:00 - 3:30 pm	SP 3 / SK 3/4	Code 1752	SP 2 / SK 2	Code 1753
3:30 - 4:00 pm	SP 1 / SK 1	Code 1754	SP 3 / SK 3/4	Code 1755
4:00 - 4:45 pm	SK 7/8/9/10 4:00 - 4:45 pm	Code 1756	SK 5/6 4:00 - 4:30 pm	Code 1757

TUESDAYS & THURSDAYS - 5 WEEK SET - May 15/18 - June 14/18 (10 lessons)

3:00 - 3:30 pm	SP 1 / SK 1	Code 1758	SP 3 / SK 3/4	Code 1759
3:30 - 4:00 pm	SP 3 / SK 3/4	Code 1760	SP 1 / SK 1	Code 1761
4:00 - 4:30 pm	SK 5/6	Code 1762	SP 2 / SK 2	Code 1763

SWIM LESSONS

Not sure what level to register in? Drop by the Aquatic Centre during a public swim time for a free swimming evaluation.



ADVANCED AQUATICS & FIRST AID

LIFESAVING INSTRUCTOR RECERTIFICATION

Lifesaving instructors play an important role in providing quality training and are viewed as aquatic experts in the community. The Lifesaving Instructor Recertification provides updated information to BC/Yukon Branch Lifesaving Instructors to allow them to continue to provide quality programs in support of the lifesaving society mission to prevent injury or death in, on or around the water.

Date: June 9/18 Sat.

Code 1764

Time: 4:00pm - 9:00pm

Cost: \$110.00

Prerequisite: Hold a Lifesaving Instructor certificate that is within 5 years of the certification date.

****Please bring an original LSI certificate to class or a copy of your qualifications from the LLS Website.**

NATIONAL LIFEGUARD RECERTIFICATION

The objective of this precert/recert clinic is to provide national lifeguard candidates an opportunity to review the skills and knowledge required to maintain the national lifeguard certification.

Dates: Pre-certification: June 16/18 Sat.
and

Code 1766

Recertification: June 16/18 Sat.

2:00pm - 10:00pm

Cost: \$125.00

Prerequisite: Hold a NLS certificate that is within 7 years of the certification date. *Please bring an original NLS certificate to class or a copy of your qualification from the LSS website. It is strongly recommended that CPR be current within 1 year.

STANDARD FIRST AID & CPR LEVEL C

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

Dates: June 23 & 24/18 Sat./Sun.

Code 1770

Time: 12:00pm - 8:00pm (each day)

Cost: \$115.00

WATER SAFETY INSTRUCTOR (WSI)

This NEW! Program offers its candidates the ability to do parts of the course ONLINE at the candidates page. The Red Cross Water Safety Instructor program has been restructured and now consists of 4 steps.

Step 1 – Water Safety Instructor Skills Evaluation

This skills assessment ensures candidates have the necessary water safety skills, strokes and emergency response skills equivalent to the Red Cross Swim Kid 10 criteria.

Step 2 – Water Safety Instructor Online

During this step, candidates will be required to purchase, at an additional cost, the required material to complete the remainder of the program and will be required to complete the on-line portion of the course.

Step 3 – Water Safety Instructor Teaching Experience

Now Instructor candidates will jump in the water and assist a certified instructor with a few classes, all the while completing the Water Safety Instructor workbook. This can be completed at any swimming pool where they will accept an aspiring instructor.

Step 4 – Water Safety Instructor Classroom and Pool

This component follows the teaching experience and furthers instructional ability by focusing on how to effectively plan, teach and evaluate the Red Cross Swim Programs. This is where we consolidate candidates' knowledge and experience from the Online and Teaching Experience components so they are ready to take on their first Red Cross Swim Program. Here the candidates will also complete a variety of practice-teaching exercises using their peers as students.

Date: May 5/18 Sat.

Code 1765

(Skills Evaluation)

Time: 2:00pm - 8:00pm

Dates: Aug 20 - 24/18

(Water Safety Instructor - Classroom & Pool)

Time: 2:00pm - 8:00pm

Cost: \$295.00

Prerequisite: Emergency First Aid or higher or Bronze Cross. WSI Skills Evaluation, Online & Teaching Experience.

WATER SAFETY INSTRUCTOR (WSI) RECERTIFICATION

The Water Safety Instructor recertification workshop is designed to ensure the quality and standards of the program are maintained in the field. This workshop provides candidates with the opportunity to share ideas, review skills, update knowledge and network with others.

This certification will be valid for 2 years

Date: Aug. 17/18 Sat.

Code 1771

Time: 1:00pm - 5:00pm

Cost: \$110.00

Learn To Swim Like An Olympian

Learn how to swim all four strokes, flip turns, dives & more!

SUMMERLAND ORCA SWIM TEAM



SWIM-A-THON DISTANCE CHALLENGE

Apr. 28/18 • 3:30pm - 6:30pm

Accepting Online Donations at www.orcaswimclub.net

Summerland ORCA Sprint Triathlon & Kids of Steel
Race: Sunday, Sept. 2nd, Peach Orchard Park.
Triathlon Race Registration: www.orcaswimclub.net



WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE PROVINCE OF BRITISH COLUMBIA



LAKESHORE RACQUETS CLUB

13607 Lakeshore Drive.
(next to Rotary Beach)

www.lakeshoreracquetsclub.com

SQUASH PROGRAMS

- Tuesday evening adult league
 - Thursday evening drop-in
 - Junior lessons & after school court time
- Squash contact: Tricia Hoyer 250-494-0244

TENNIS PROGRAMS START IN APRIL

Annual Membership (before May 1)
Family \$375 • Single \$250 • Youth \$40

Members are entitled to unlimited use of tennis and squash courts and other Club facilities, and can participate in organized tennis and squash leagues and events.

For membership enquiries call
Laird Willson 250-494-1888

Public drop-in tickets for tennis and squash available upstairs
at LF+H for \$10 per person per session.



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778.516.7272

SWING LATIN COUNTRY BALLROOM

BRIAN UDAL

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➤ Private & Wedding Classes

on NOW

➤ Social Group Classes

starts January 2018

➤ Teacher Training Certification Program

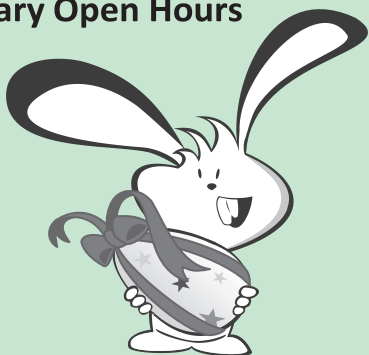


COMMUNITY

Summerland Library Open Hours

Tues 10:00am – 8:00pm
Wed 10:00am – 6:00pm
Thurs 10:00am – 6:00pm
Fri 10:00am – 5:00pm
Sat 10:00am – 5:00pm

Come visit us at
9533 Main Street
(250) 494-5591



SUMMERLAND MONTESSORI SCHOOL

Featuring: Half-day Preschool (2-5 days)
Pre-Kindergarten Classes (2-5 days)
Kindergarten (3 or 5 day options)
Elementary Grades 1-5
After School Program

Please call 250-494-7266
www.summerlandmontessori.com

TANEDAKARATEDOJO

■ Kelowna ■ West Kelowna
■ Summerland ■ Penticton

Kids' Classes
5 and Up

Adult Classes



Sensei Tameda
7th degree Blackbelt

Est. 1981

For information and registration,
please call

250-768-2241 or
1-866-445-5425

Read our testimonials:
tanedakaratedojo.com

Find us on Facebook!



SUMMERLAND DROP IN RECREATION CENTRE ASSOCIATION



**ALL
AGES
WELCOME!!**

***Gear up for Activities, Fitness,
Fun and Friendship.***

Come check us out!



**THE SUMMERLAND DROP IN RECREATION
CENTRE ASSOCIATION IS ALSO AVAILABLE
FOR PRIVATE BOOKINGS AND EVENTS.**

President - Clyde Stewart 250-494-9735
Rentals - Diane Peterson 1-250-253-0324
Memberships & Activities - Rhea Larson 250-494-7489

9710 Brown St., Summerland 250-494-9377

Are you 65 or older?

ActivAge™

Choose to Move

ActivAge ~ Are you 65 or older? Wanting to get more physically active? Then ActivAge is for you.

This fun and social program will get you moving in a relaxed and inviting class environment with likeminded people. You have two different program options to choose from:

Option 1 focuses on improving activities of daily living, strengthening muscles used day-to-day; Option 2 focuses on exercises that will enable you to become more involved with other activity programs or sports.

Each option runs once a week for one hour over 12 sessions, and is scheduled during the first three months of the Choose to Move program. The sessions include discussions and handouts to help you improve your overall health and physical well-being.

To register, contact Summerland Recreation at 250-494-0447



Choose to Move ~ Are you 65 and older and looking for motivation to become physically active?

Join Choose to Move to help introduce the habit of physical activity into your daily life in ways that make sense for you. Choose to Move is free and flexible, and provides you with motivation and support to become more active. In Choose to Move, you receive both individual and group support. You will work with a trained activity coach to develop and stick to a physical activity plan made just for you. You choose activities that you know you will enjoy and are able to do! You will also join a group of other Choose to Movers to share successes and challenges.

With the help of your activity coach and support group, you will find the motivation and accountability you need to achieve your goals.

To learn more about Choose to Move visit <https://www.choosetomove.info/>.

To register for an information session, contact Summerland Recreation at 250-494-0447



902 NIGHTHAWK SQUADRON Summerland, BC

- Leadership
- Citizenship
- Gliding
- Physical Fitness
- Aircrew Survival
- Marksmanship
- Powered Flight
- Summer Camps

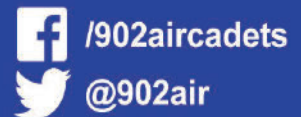
And So Much More!

902aircadets.ca

JOIN AIR CADETS

Wednesdays 6:15PM - 9:30PM
Harold Simpson
Memorial Youth Centre
911 Peach Orchard Rd

(250) 494-7988
info@902aircadets.ca



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WORK, HOME & PLAY
sja.ca



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120 - 316 Dawson Ave. | penticton@bc.sja.ca | 250.492.3377
or shop online at shopsafetyproducts.ca

COMMUNITY - ACTIVITIES



Free Orientation!

Summerland Women's Fitness

Work on your fitness levels in a flexible, supportive atmosphere. We're here so women of all ages and fitness levels can reach their goals.

#2—7519 Prairie Valley Road
slandfitness@gmail.com
778-516-2001
Find us on Facebook!
summerlandwomensfitness.ca



Hydraulic resistance circuit equipment
Whole Body Vibration Machine
Step and regular treadmills
Exercise Bike
Stretching Station
Free weights, Hoops, Bands



Summerland Singers & Players

**New members
always welcome!
Want to learn?
We'll teach you!**

Sunday Play Readings
2-4 pm
Everyone Welcome
March 18th
April 15th



**Want to know more?
ssptheatre@gmail.com
Find us on Facebook
summerlandtheatre.ca
250-494-5420
Join our mailing list!**

Wanted: actors, directors, stage managers, producers, lighting techs, sound techs, costumers, publicity managers, and more!



Summerland Community Arts Centre *Dream, Create, Enjoy*

Gallery Shows

Coming Up at the Arts Centre:

- a showcase of the Summerland Secondary School Art Department
- a show with an owl theme featuring the Summerland Potters Guild in conjunction with other local artisans
- a retrospective of a local artist's body of work
- a show that pairs painters, sculptors and other artists with writers for "creative duets"
- A display featuring the Arts Centre's Permanent Collection

Watch for our 2018 Gallery Show dates on our website and on social media



Summerland_arts_centre



@artspalette



Summerland Arts Centre

Gift Shop & Gallery Hours Monday to Friday 10:00 am to 4:00 pm

Browse through our Gift Gallery that showcases unique pottery, paintings, books, jewelry and more. Perfect for gift giving or a souvenir.

Relax in our library while exploring our art books.

Buy a beautiful banner hand-painted by a local artist for display in your home.

Visit us at the Arts Centre or on social media to learn about the fun workshops and art classes we're offering.

Sign your kids up for the Spring Break Camp and Summer Arts Programs

Summerland Arts Centre
9525 Wharton Street
Summerland

250-494-4494

www.summerlandarts.com

COMMUNITY - ACTIVITIES



Okanagan
Boys & Girls Clubs

Looking for out-of-school care?

After School Program:

- After school
- Pro-D days
- School Breaks

Achievers Programs: (Special Needs)

- Direct Support
- Club Support
- Teen Life Skills

More info available at www.boysandgirlsclubs.ca



A good place to be

Summerland Boys and Girls Clubs

9111 Peach Orchard Rd. Summerland (Harold Simpson Youth Centre)

P: 250-404-0440

E: summerland@boysandgirlsclubs.ca

www.boysandgirlsclubs.ca

SOUTH OKANAGAN SAILING ASSOCIATION

11619 LAKESHORE DRIVE, SUMMERLAND



2018 SEASON IS COMING!

- Great water access for smallcraft watersports
- Affordable membership is open to ALL
- All non-motorized smallcraft welcome
- Sailing lessons with CANsail qualified instructors
- Updated and easy to sail fleet of boats for all levels of student
- Boat share program – includes SUPs and rowing skiff

*Become a member and take advantage of this little jewel
of a watersports club in Summerland*

www.sosailing.ca

COMMUNITY - FACILITIES

Rent the Theatre!



Centre Stage Theatre

9518 Main Street

This community/school facility is located at Summerland Secondary School. The Theatre has 295 seats and accommodates concerts, live theatre, movies, speakers and regular school drama productions. The theatre is equipped with state of the art sound and lighting equipment, grand piano, orchestra pit and dressing rooms.

For information regarding booking the theatre call the
Parks & Recreation office at 250-494-0447.
Email: recreation@summerland.ca

Summerland Rodeo Grounds Complex

18707 Bathville Road

Facilities include:

- 👉 Clubhouse with small kitchen and washrooms
- 👉 Concession with grill, freezer and fridges
- 👉 Washroom and shower hut building
- 👉 Equestrian storage building
- 👉 Riding Ring – 210 feet by 192 feet
- 👉 Holding Pen – 210 feet by 150 feet
- 👉 Covered bleachers

For information on use of the Rodeo Grounds
or the booking of facilities call the
Parks and Recreation Department at 250-494-0447

Summerland Arena & Banquet Room

Great rental space for weddings,
meetings, dances and banquets.

For information on booking the Arena call the
Recreation Department Office
250-494-0447

NHL SIZE ARENA

Ice is in – End of June to Easter
Dry Floor – Easter to June
Open 6am to 12 midnight,
7 days a week
Spectator Capacity of 875 with
Concession

BANQUET ROOM

Accommodates 250 people
Weddings, Receptions, Meetings,
Dances, Catered Events
Full catering kitchen and bar area
Dance floor, projector, screen
and stereo available
Wheelchair accessible, air conditioned

Home of the Summerland Steam, Minor Hockey, Skating Club, Hockey
Camps, Broomball, Lacrosse and Community Events



PARKS AND TRAILS

Summerland Millennium

Spray Park

Open
May long
weekend until
September -
daily 8:00am
- 8:00pm

**SUMMERLAND SPIRIT
SQUARE GAZEBO
Peach Orchard Beach**

Spirit Square includes a large covered gazebo with a stage area, public art (an operating sundial sculpture), interpretive historic signs, picnic tables & park benches. The entire area is wheel chair accessible.

Priest Camp & Okanagan Brigade Trail Linear Park



In the years 1812-1846 the Okanagan Valley was used by the Hudson Bay Company fur traders as they journeyed with up to 300 horses carrying supplies. This formation was called a "brigade". Approximately every 14 miles they encamped.

At the north end of Summerland is a section of the Okanagan brigade trail as well as one of the most frequently mentioned encampment sites, Priest Camp. Summerland's linear park ends at a look-out with one of the most magnificent views of Okanagan Lake. Directions can be obtained at the Summerland Chamber of Commerce on Highway 97 or by calling 250-494-2686.



Food Safe Course



A food handling, sanitation and work safety course designed for food service establishment operators and front-line food service workers such as cooks, servers, bussers, dishwasher and deli workers. This one day course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, service food, cleaning and sanitizing. Certificate valid for 5 years.

Dates:

Apr. 12/18 Thurs.

May 24/18 Thurs.

June 21/18 Thurs.

Code 1712

Code 1713

Code 1714

Time:

9:00am - 5:00pm

Fee:

\$89.00

Instructor:

Mary Ann Fullerton

Place:

Summerland Arts Centre

PARKS AND SCHOOLS

Parks and open spaces bring beauty to an area while giving people satisfaction and improving their quality of life.

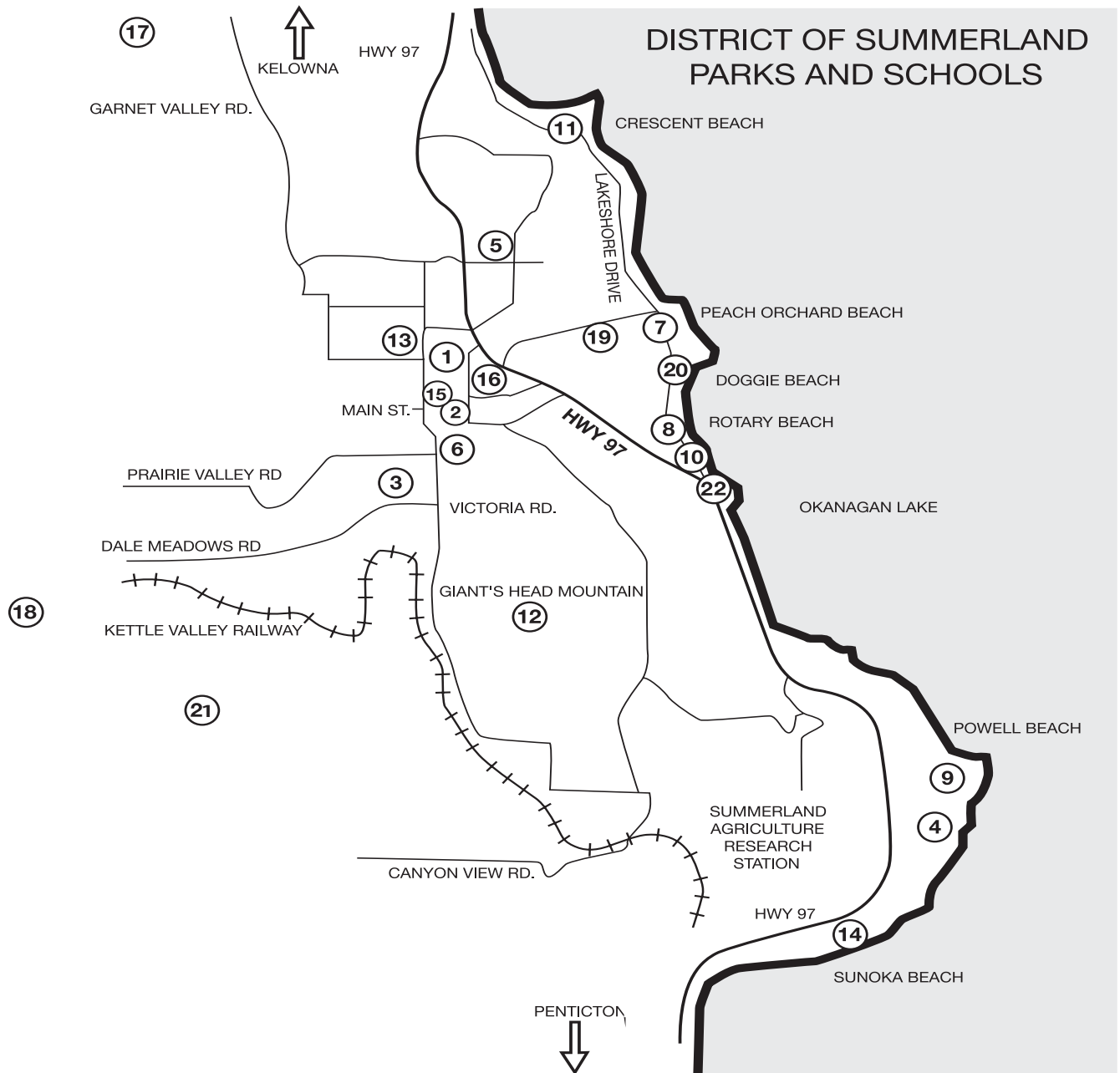
- 1 2 Summerland Middle School and Summerland Secondary School 20 acres**
Playcourt, 2 outdoor basketball hoops, tennis courts, soccer fields, softball diamonds.
- 3 Giant's Head Elementary School and Dale Meadows Park 30 acres**
Soccer field, softball field, 3 playgrounds and a playcourt. The playing field complex has 5 fenced softball fields, 3 soccer fields, 1.2 Km jogging track, a new enclosed playground, washrooms and picnic tables.
- 4 Trout Creek Elementary School 4 acres**
Playground equipment, softball diamonds and soccer fields.
- 5 Living Memorial Baseball Park 12.5 acres**
3 baseball diamonds, washrooms.
- 6 Memorial Park 5 acres**
Playground equipment, bandshell, horseshoe pitch and clubhouse, washrooms, picnic tables, park benches.
- 7 Peach Orchard Park 3.5 acres**
Playground equipment, beach, boat launch, walking trail, sand volleyball, washrooms, firepit, picnic tables and park benches, water spray park, public art and Spirit Square covered picnic area. Spray Park opens May long weekend – September.
- 8 Rotary Beach 4 acres**
Beach, floating docks, walking pier, washrooms, picnic tables and park benches.
- 9 Powell Beach 8 acres**
Beach, washrooms, tennis courts (with lights), soft-ball field, new playground and picnic tables.
- 10 Kinsmen Park & Holler Riparian Area 0.4 acres**
Playground equipment, beach and picnic tables with a natural stream area.
- 11 Crescent Beach 0.2 acres**
Beach and picnic tables.
- 12 Giant's Head Park 220 acres**
Trails and lookout.
(Open April - October, weather dependant)
- 13 Julia Kinsmen Park 0.2 acres**
Playground equipment, park bench and picnic tables.
- 14 Sunoka Beach 52 acres**
Beach, playground equipment, picnic tables, washrooms.
- 15 Aquatic & Fitness Centre**
25 m indoor pool, fitness room, hot tub, sauna.
- 16 Arena, Curling Rink, Banquet Room & Skateboard Park 5.5 acres**
Skating, curling, banquet facility.
- 17 Garnet Valley Dam (Priest Camp - historic park) 50 acres**
Pit toilets, fishing (no motorized boats).
- 18 Rodeo Grounds Complex 40 acres**
Clubhouse, riding arena, covered stalls, washrooms, covered bleachers.
- 19 Peach Orchard Campground and Adams Street Bird Sanctuary 13 acres**
Over 128 sites including a tennis court plus a natural area across the street.
- 20 Doggie Beach 0.2 acres**
Fenced beach area for dogs.
- 21 Mount Conkle Park 250 acres**
Natural park area that was dedicated as part of Summerland's Centennial in October 2006, includes a section of the Trans Canada Trail.
- 22 Lakeshore/Beaver St. Park 0.2 acres**
Beach, picnic table and park benches.

"If you truly love nature, you will find beauty everywhere."

Vincent van Gogh



DISTRICT OF SUMMERLAND PARKS MAP



Harold Simpson Memorial Youth Centre

9111 Peach Orchard Rd.

- Air Conditioned
- Meeting Rooms
- Birthday Parties
- Weddings
- Full Kitchen Facilities
- Main Hall/Gym Accommodates 200
- Special Youth Rates

For information/booking phone: 250-494-9338

Peach Orchard Campground

6321 PEACH ORCHARD ROAD

www.peachorchard.ca

Open from mid-May to mid-September each year.

Grassy and Treed Sites
including Tennis Courts.

For Campground Reservations call:
250-494-9649

email: peachorchardcamp@outlook.com



Summerland Action Festival

JUNE 1-2-3, 2018

www.summerlandactionfestival.com



Giant's Head Run

Saturday, June 2, 2018

RACE STARTS AT AQUATIC CENTRE 6:00pm

5.7km or 10.1km distances

Prizes & Awards Ceremony 7:30pm at Memorial Park

CHIP TIMING
on
5km & 10km runs

Recreational, Fun & Competitive Family Friendly!

ONLINE REGISTRATION

www.runningroom.com
or register in person at
the Aquatic Centre

Man of Steel Triathlon

Saturday, June 2, 2018

BIKE: 7:00am • SWIM: 9:00am • Run: 6:00pm (With Giant's Head Run)

INDIVIDUAL, TEAM & FAMILY CATEGORIES

Registration includes:

- T-Shirt (first 500 competitors) • Free swim • Eligibility for draw prizes
- Ribbons for all children 7 and under

Registration Forms Available April 18th at the Aquatic & Fitness Centre.

For information call 250-494-0447

REGISTER BEFORE MAY 25th FOR
EARLY BIRD DISCOUNT!